



PPG Newsletter



Working with Alrewas Surgery staff to improve the services for everyone

October 2022

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Welcome to the latest PPG newsletter. The PPG acts as a patient voice, working with the staff of Alrewas Surgery to promote the wellbeing of patients and to help the practice improve its service delivery.

Here are a few websites you may find interesting:

British Heart Foundation bhf.org.uk

Lots of great information and advice. For example:

How and when to use a Defibrillator

Learn CPR in 15 minutes with RevivR™ CPR Training.

Fast free and easy to use!

The Patients Association patients-association.org.uk/

Their remit covers all issues that affect patients, including social care and public health. They campaign for patient involvement in the design and delivery of health and social care services and their online information helps patients and carers better understand the healthcare system. They also work with patients directly. Their trained advisers on the freephone helpline talk to more than 3,000 callers each year. So, if you need advice, call 0800 345 7115. It's open every workday between 09.30-17.00. When it's closed you can email their advisers on helpline@patients-association.org.uk.

For more information about free membership go to:

patients-association.org.uk/membership.

Every Mind Matters nhs.uk/every-mind-matters/

Mental wellbeing tips. Answer 5 simple questions to get a personalised mental health action plan.

SURGERY NEWS

Focus on...Tracey Morris, Health Care Assistant

Tracey lives in Alrewas and came from a Home Care and District Nursing team background before joining us eight years ago. She works every morning and three afternoons. We are lucky to be able to offer a phlebotomy service at the surgery (many practices are unable to offer a blood taking service on site) and Tracey takes a lead with this. She is a vital member of the Nursing team with a wide role and lots of responsibilities, some of which include:

- Diabetes basic checks and foot care
- Wound care
- Warfarin monitoring and the associated admin.
- Assisting with minor ops and coil clinics
- Nursing stores - monitoring and ordering
- Keeping the emergency equipment in check and ensuring drugs are in date
- ECGs and blood pressure checks
- Giving certain injections

Tracey's clinics are busy and she always provides a warm and friendly welcome. The HCA and all nursing team appointments are bookable by phone or in person at reception (not on-line), usually at least a month in advance.

Messages from Paula Dumolo, Nurse Practitioner

Long Term Conditions

A LTC is any health condition that is not going away, and in many cases need medication and monitoring to keep us safe. We aim to help by inviting people with LTCs for an annual check. This may be in the form of a phone call, a blood test, and sometimes a general check with one of the nursing team, who may provide a follow up appointment. All blood tests are reviewed by a doctor and any comments are available to see online or by calling the surgery during the afternoons. A face-to-face follow up appointment may be organised by a nurse or doctor. If you think that you have missed your annual review, do get in touch and a receptionist will check with me or one of the doctors to see if you are due.

Cholesterol checking in a nutshell

If you have certain health conditions, we may offer you a cholesterol check. If it is raised, we can give you some advice on how to lower your cholesterol by text or phone. We may also offer you a cholesterol lowering tablet (statin). Yearly checks of cholesterol levels are not always necessary. Many people only need a cholesterol check every 5 years. Checking your cholesterol level is just one part of assessing your risk of developing heart disease or having a stroke. If you are over 40, you can book an NHS CHECK via the link below. This is for people who do not already have a LTC, as we assess your risks at your annual review.

nhs.uk/conditions/nhs-health-check/what-is-an-nhs-health-check-new.

What you can do

Self care. Sounds like a given? Well yes, however, most of us could change a few things that might help our general health and reduce our risks of problems as the years roll on. Smoking, being overweight, being inactive, eating a high sugar and salt diet, low vegetable and fruit intake - all or any of these may increase your risks of heart disease or stroke. Small changes can make a big difference to your risks. Many people now keep a blood pressure machine at home. This is great, and means you can give yourself a mini check on a regular basis.

Check out Live Well on NHS Choices. nhs.uk/live-well

Flu and Covid

It's time to get protected. Most people will now have had their invitation to book via the NHS or the Surgery. This year, for most people these 2 important vaccines are being given together, in separate arms.

Protect yourself and others this autumn.

Want to find out more about the PPG? Check the PPG section of the surgery website. If you'd like to get in touch, please email alrewas.ppg@nhs.net. We are always looking for new members!